

Adolescent Alcohol Prevention Trial

Brief Program Description

The Adolescent Alcohol Prevention Trial (AAPT)* is a classroom-based drug prevention program administered in the fifth grade with booster sessions conducted in the seventh grade. AAPT utilizes two social psychology-based strategies for preventing the onset of adolescent drug use. The first strategy, Resistance Training, is designed to give adolescents the behavioral skills necessary to refuse explicit drug offers. The second strategy, Normative Education (NORM), is designed to correct erroneous perceptions about the prevalence and acceptability of adolescent substance use and to establish conservative group norms. In addition, the program includes instruction about the social and health consequences of adolescent drug use. This component is called Information about Consequences of Use (ICU). In research testing, AAPT students received either information about consequences of drug use only, resistance skills only, normative education only, or resistance skills training in combination with normative education. Results showed that the combination of resistance skills training and normative education prevented drug use, but resistance skills training alone did not.

* Adolescent Alcohol Prevention Trial was a research project. The resulting curriculum is the Model Program, All Stars.

Contact Information

For indepth information on this program, please use the contact listed below.

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